

Zen drawing experiences

“Zen drawing, what I call looking, seeing and drawing, shows me the beauty and love in everything I draw. I am looking with my eyes, seeing with my heart and then I draw from my heart. Everything I draw this way, doesn’t seem to be the same anymore, it has touched my heart. I can honestly say that Zen drawing has changed my world.”

Corrie van Bloois | Art therapist

“Zen drawing greatest benefit is that while I am drawing, I can find my inner peace much easier; while at the same time my focus improves. As a result I can see the world around me much more clearly, not only when I am drawing, but also long afterwards.”

Anja Roubos Koring | Designer / Food blogger

“This way of drawing makes me feel a deep inner silence. At the same time I am more aware of my surroundings, making my memories of the time when I made a certain drawing, more intense.”

Rita Caré | Biologist and Science Communication Manager / Urban Sketcher

“I took Michelle’s Dutch version of the Zen drawing book with me on holiday and found that Michelle’s open and friendly style of writing made her book a pleasure to read. As an artist myself, applying Zen drawing in my work has changed the way I now make my drawings. I find that I draw more freely and look at my paper less and less, which is a great advantage since I am drawing skies and clouds most of the time.”

Gerrie Brust Bijmolt | Artist

“Zen drawing helps me to express the natural essence in all her simplicity and true beauty on paper. For me it is also a way to connect with the world around me and experience that I am part of something that is greater than myself.”

Yvonne Brouwer | Artist

“Zen drawing for me is a technique to connect with the living world. It opens my eyes, heart and spirit to all of the wonder that surrounds me on a daily basis! I never grow tired of it!”

Sue Holderman-McFadden | Artist / life student

“Last year I went to Michelle for a Zen drawing class and we sat in her garden just drawing. Nowadays drawing is an unmissable part of my life!”

Ariane van Geijn | Antroposofic nurse / Yoga Teacher

“To me Zen drawing is a way of harmonizing with the universe, to fall in love with it all over again. Zen drawing is a guide to perceive ‘what is’, a door to the present or the ‘moment of now’. After practicing Zen drawing, the eye-heart connection stays open for a while, letting us remember who we are”

Holger Wendt | Traditional Chinese Medicine-acupuncture practitioner / Zen drawing teacher

“This year I took a Zen drawing class with Michelle. To my amazement I could put the contours of the things I was drawing on paper without looking at my paper once! More importantly there were no thoughts bothering me. Both the drawing exercises and the results made me feel happy and free. Zen drawing made me look at things more clearly and as a result I became more closer to what I was drawing that morning: flowers, leafs, bees and at the end of the class Michelle’s two Guineas pigs....”

Helene Houben | Architect

“I love Zen drawing and to me it is an adventure every time I look at the end result, especially when I discover what was happening at the time. The funny thing is that when I am drawing with my left hand I can see that I have less control yet at the same time the results appear on paper as if I am not doing anything.”

Thieu Dujardin | Artist / my uncle